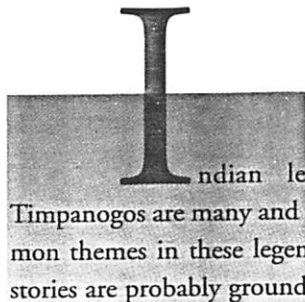


# THE LEGEND OF MOUNT TIMPANOGOS

## Native American Legends Enshrine Wasatch Mountain

by Robin Johnson



Indian legends of Mt. Timpanogos are many and varied, but common themes in these legends suggest these stories are probably grounded in truth.

Each legend includes a beautiful maiden and a young chief. They fall in love and the young chief must prove his courage and worthiness to marry the maiden by winning contests against other young braves. Ultimately, he wins each of the contests, as the young maiden knew in her heart he would.

In most of the legends, the two young lovers are from different tribes. The young chief's tribe has a rule; no marrying outside the tribe as women from other tribes are not as beautiful, brave and worthy as their own.

One legend accounts for the naming of the mountain as a combination of the names of the young lovers. In this legend, the chief was known as Timpanac and the maiden as Ucanogos.

Another legend insists the word Timpanogos translates to mean "sleeping maiden."

The common elements in each ending include the young maiden's taking of her own life and her young chief following after her. The maiden's sleeping form is memorialized on the top of Mt. Timpanogos with her head lying south and her long hair flowing down into Provo Canyon. Her feet are

on the north end of the mountain.

Some have suggested if you look at the mountain from north to south, you can also see the silhouette of the young chief, his head on the north and feet to the south.

One legend describes how, in death, the young lovers hearts were melded into one and placed deep inside Timpanogos Cave in the form of a beautiful stalactite.

Another claims this is the broken, bleeding heart of the young Indian chief.

The cave is located on the north side of Mt. Timpanogos in American Ford Canyon.

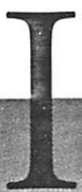
Bridal Veil Falls, in Provo Canyon, has been called the young chief's tears that fall from his face as he weeps for his lost bride.

Finally, one more natural phenomenon has been attributed to the young Indian chief. From mid-July to the latter end of September, each evening from around 5 p.m. to sunset, the sun filters through the mountain on the north side of Mt. Timpanogos. At this time, there is a shadow created across Mt. Timpanogos looking over Deer Creek Lake. It is said this filtering of shadow and sunlight creates an illusion over the entire mountains, from top to bottoms, of an Indian chief in full feathered headdress. He is gazing directly upon the face of his beloved Indian maiden.

# THE LEGEND OF MOUNT TIMPANOGOS

## Native American Legends Enshrine Wasatch Mountain

by Robin Johnson



Indian legends of Mt. Timpanogos are many and varied, but common themes in these legends suggest these stories are probably grounded in truth.

Each legend includes a beautiful maiden and a young chief. They fall in love and the young chief must prove his courage and worthiness to marry the maiden by winning contests against other young braves. Ultimately, he wins each of the contests, as the young maiden knew in her heart he would.

In most of the legends, the two young lovers are from different tribes. The young chief's tribe has a rule; no marrying outside the tribe as women from other tribes are not as beautiful, brave and worthy as their own.

One legend accounts for the naming of the mountain as a combination of the names of the young lovers. In this legend, the chief was known as Timpanac and the maiden as Ucanogos.

Another legend insists the word Timpanogos translates to mean "sleeping maiden."

The common elements in each ending include the young maiden's taking of her own life and her young chief following after her. The maiden's sleeping form is memorialized on the top of Mt. Timpanogos with her head lying south and her long hair flowing down into Provo Canyon. Her feet are

on the north end of the mountain.

Some have suggested if you look at the mountain from north to south, you can also see the silhouette of the young chief, his head on the north and feet to the south.

One legend describes how, in death, the young lovers hearts were melded into one and placed deep inside Timpanogos Cave in the form of a beautiful stalactite.

Another claims this is the broken, bleeding heart of the young Indian chief.

The cave is located on the north side of Mt. Timpanogos in American Ford Canyon.

Bridal Veil Falls, in Provo Canyon, has been called the young chief's tears that fall from his face as he weeps for his lost bride.

Finally, one more natural phenomenon has been attributed to the young Indian chief. From mid-July to the latter end of September, each evening from around 5 p.m. to sunset, the sun filters through the mountain on the north side of Mt. Timpanogos. At this time, there is a shadow created across Mt. Timpanogos looking over Deer Creek Lake. It is said this filtering of shadow and sunlight creates an illusion over the entire mountains, from top to bottoms, of an Indian chief in full feathered headdress. He is gazing directly upon the face of his beloved Indian maiden.